



Gylden Magick

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Sept. 2021

PRACTICAL MAGICK & UNIVERSAL ENERGY FOR EVERYDAY LIFE

Editor's notes

by Gylden Fellowship

Welcome to **GYLDEN MAGICK** – the spiritual magazine from Gylden Fellowship that spans both traditional and newer pagan beliefs and practice.

The **Gylden Community** is one of the most extensive pagan libraries in southern England. Its website, www.gyldenfellowship.co.uk, is growing too and we welcome new members constantly.

First things first though – we've decided to expand the magazine a little in our 4th year of publication. So, this issue comes in at **25** pages, with some new authors and lots of different topics. There are some longer pieces, to give authors more

space. Most of our contributors come from the Gylden area, providing a mix of magick, wisdom and stories. Past editions of **GYLDEN MAGICK** can be accessed on our website and on Facebook too.

Many things have happened since the last issue, not least the passing of **Terry Dobney**, Arch Druid and Keeper of the Stones at Avebury. Our October issue will feature a major piece on Terry. We've also said farewell to **Alan "Druid" Williams**, whom many will know from his work in Pixiephonic.

Anything else? Oh yes, the title – we never forget that our faith is based upon Nature and that our strength

comes from earth magick, regardless of the diversity of pagan pathways.

Many of our annual festivals are based upon the light, eg the solstices and the equinoxes, as significant to us today as to our ancestors. Talking of festivals, it's great that several are starting up again – we have news about Arcana on the last weekend of September. And we start a new series, describing Egyptian alchemy and Essene angels.

For more info, why not join **Gylden River LRC** or **Gylden Fellowship** groups on Facebook today and catch up on our news for Autumn?

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"Er... vicar – does the church have a position on the donation of GM vegetables for the Harvest Festival?"

Crystal clear: watermelon tourmaline

By Charlie Foreverdark

Time to welcome another new author to **GYLDEN MAGICK** – Charlie Foreverdark. From this issue, Charlie has kindly offered to write occasional pieces for us on crystals, just as she does for other organisations, such as the crystal company, **Saltshack**.

With its positively mouth-watering burst of colour, the aptly named **Watermelon Tourmaline** perfectly mimics the deep green perimeter rind and delicious hot pink flesh of a juicy watermelon. The contrasting hues are often separated by a translucent sliver of pale pink or white. Interestingly, watermelon tourmaline can also be found in other colour combinations, including a reverse watermelon, which sees pink outer rings and a green core. It is, most typically, concentrically colour-zoned and quite distinct from longitudinal bi-colour or polychromatic zoning.

The word, **tourmaline**, was derived from the Sinhalese (Sri Lankan) phrase “*tura mali*” which means “*stone mixed with vibrant colours*”. It is thought to have been first discovered in Brazil in the 1500s by the Spanish Conquistadors. At the time of discovery however, tourmalines were thought to be emeralds and rubies due to their similarities in brilliance and array of colours. It wasn't until the 1800s that scientists realised these stones were, in fact, their own standalone type of mineral.

The similarities between pink/red tourmalines and rubies were so strong that the stones in the Russian crown jewels, believed to be rubies for centuries, are now thought to actually be tourmalines. According to ancient Egyptian legend, tourmaline's variety of colour is the result of the long journey from the Earth's heart up towards the heavens. It was believed that tourmaline gems travelled along a rainbow, on its way collecting each beautiful hue and nuance.

Tourmaline was extremely popular with the Chinese, who would eagerly buy up American tourmaline specimens as they were discovered. Until 1912, the American tourmaline trade was booming. However, when the Chinese government collapsed, the demand for the stones plummeted. The trade didn't really pick back up until discoveries of deposits in Brazil, Afghanistan and Madagascar renewed interest in these multi-coloured beauties.

Gemmologists now recognise 11 different species of tourmaline, each with varying properties and chemical composition. The colourless variety is called **achroite**. Red or pink tourmalines are known as **rubellites**, the blue variety are called **indicolite**, and the most colourful members of the tourmaline family (including the coveted electric blue Paraiba tourmaline and stunning watermelon tourmaline) are known as **elbaites**. Elbaite Tourmaline with the specific prefix of watermelon (to describe its glorious juicy appearance) was coined by George Robeley Howe of Maine, USA. The moniker was used in a Maine newspaper account in 1910 when describing the first specimens of this particular colour variety discovered in the Havey Quarry. The name was then used in an international publication “*Mineral Resources of the United States*” by Douglas B. Sterrett in 1911. Note that the term “**watermelon tourmaline**” is mainly a trade name, and reports from gemmological laboratories will often identify these stones simply as “**bi-coloured tourmaline**.”

Watermelon Tourmaline has since been uncovered in Nigeria, Madagascar, Afghanistan, Sri Lanka, Australia, and Brazil, with the latter being famous for having some of the finest Watermelon Tourmaline ever discovered. In the early 1970s a large pocket of extremely high-grade Watermelon Tourmaline was found very close to the mine in which it was initially discovered, and much of this particular haul was faceted into stunning jewellery.

Tourmaline is produced in pegmatites. These are voids deep underground that are filled with hot liquid, rich in minerals. As the liquid cools, the minerals crystallise and form tourmaline crystals. The host rock around these pegmatites is generally granite or schist. Some species will also grow in metamorphic rock such as marble. Tourmaline is comprised specifically of [aluminium boron silicate](#) with additional elements such as iron, manganese, sodium, lithium, or potassium and is typically found within veins of rock from molten magma from volcanoes.

Chemical changes that take place during the formation time of the crystals within the rock pocket cause the tourmaline to form different colours. Changes in the chemistry of the surrounding solution (due to the depletion of certain elements or the introduction of new minerals via rain or other sources of water) cause the crystals to form with an impressive variety of colours depending upon which specific elements have been present and absorbed. Environments heavy in iron tend to render darker colours from blues through to black, manganese at high concentrations result in pinks, browns and reds, and green is often caused by chromium. Lithium impurities can cause a whole spectrum of colour to be present in the crystal.

Tourmaline can feature coloured zones across the length of the crystal, such as the stunning collector's example in the Saltshack showroom. More commonly, Watermelon Tourmaline has the pink core, and an outer edge of green. The crystal really clearly demonstrates the formation process etched into the mineral; as the pink central tourmaline was forming and thickening aided by prolonged natural irradiation, the exposure to additional minerals such as varying levels of chromium, lithium and manganese caused the change in colour along the outer edge, or the rind of the watermelon. Tourmaline crystals form in parallel, elongated prisms with a distinctive rounded triangular shape, and these lengths are sliced to enhance their radiant beauty. All coloured tourmaline gems display a degree of [pleochroism](#), meaning that their colour changes when viewed from different angles. In some tourmaline gems, this effect is hardly noticeable, while in others it is strongly apparent. Lapidaries must take this into account when cutting and faceting a tourmaline, so that the finished gem allows for the best display of colour.



Tourmaline is reasonably hard (7 to 7.5 on the Mohs hardness scale), so durable enough for most kinds of jewellery. High quality pieces have excellent transparency and an attractive vitreous lustre. It is also a very affordable gemstone, particularly in larger sizes; unlike sapphires and rubies the per-carat price for tourmaline doesn't increase too radically with size.

When it comes to distinguishing the genuine article, real watermelon tourmaline will have a fade between colours, whereas fake, dyed, and synthesised versions are likely to have more of a sharp line separating the hues. Almost all watermelon tourmaline stones have inclusions and this has become something of a mark of authenticity - a stone without natural inclusions is likely to be a fake one.

Environment: royal rewilding

By Matt Richards

More than 100 academics, experts and public figures have [signed a letter](#) calling on the royal family to rewild their lands as a public commitment to help tackle Britain's biodiversity crisis and to show climate leadership. Organised by the rewilding campaign group, [Wild Card](#), the letter's 120 signatories include the broadcasters Chris Packham, Hugh Fearnley-Whittingstall and Anita Rani as well as the leading environmental scientist Professor Sir Robert Watson.

The letter, addressed to the Queen, the Prince of Wales and the Duke of Cambridge, urges them to prioritise biodiversity in their land management and allow for the restoration of ecosystems such as forests, grasslands, heathlands, swamps and rivers – both as vital wildlife habitats and important carbon sinks. "An act of rewilding from the royal family would be of massive cultural significance," said Joel Scott-Halkes, a co-founder of Wild Card, "and would show the royal family is prepared to put climate commitments into action."

The royal family is the biggest landowning family in the UK. Their estate includes lands held by the Duchies of Lancaster and Cornwall as well as the Queen's personal estate, including Balmoral in Aberdeenshire and Sandringham in Norfolk. By one calculation that includes the crown estate, which is, officially owned but not controlled by the Queen - the royal family owns [1.4% of England](#).

But it also presents an opportunity to effect big changes by targeting just one landowner, said Dr Alexander Lees, a senior lecturer in biodiversity at Manchester Metropolitan University and a signatory to the letter. The royal family "could be leading on restoration and rewilding at landscape scales," he said, "rather than being seen to be dragging their feet". At present, for example, the Duchy of Cornwall has only 6% tree coverage versus the 13% of the UK (the EU average is 38%).

The campaign wants the royal family to focus first on degraded land that has very little biodiversity, said Scott-Halkes. Balmoral, owned by the Queen, is about 20,000 hectares (50,000 acres) – almost twice the size of Manchester. Much of the land is used for deer stalking and consists of intensively managed grouse moor. "There'd be massive biodiversity gains if you rewilded it," said Scott-Halkes.

Dartmoor, where the Duchy of Cornwall is the [largest landowner](#), used to be covered in temperate rainforest. Only fragments remain and a lot of land is "ecologically barren", said Scott-Halkes. "[With] a small change to that land management," he said, "you get the rainforests back." The campaigners have also included the Crown estate which is independently managed, because they argue that it directly benefits the royal family.

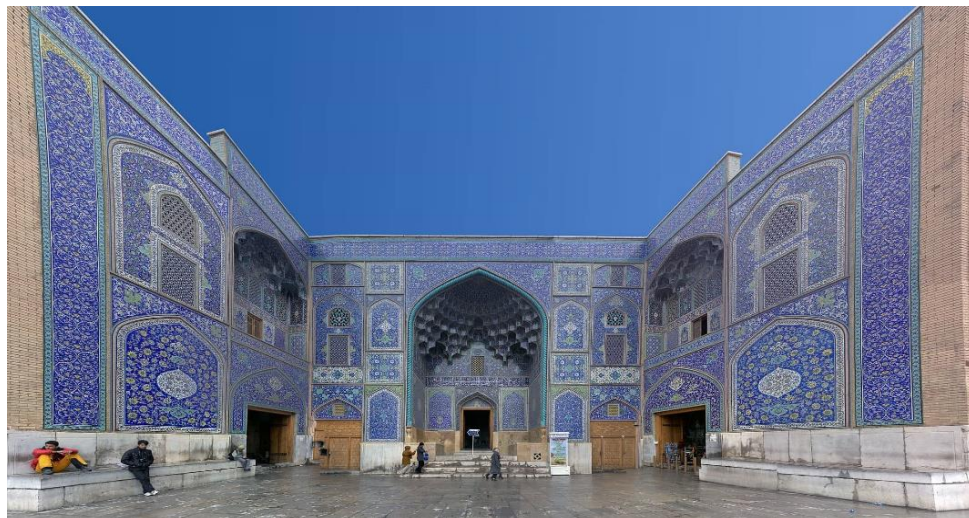
According to a UN report published in June, the world needs to [rewild at least 1bn hectares \(2.47bn acres\)](#), an area the size of China, by 2030 to meet its climate and nature commitments. Despite the UK government's claims to be protecting about 28% of land, a [2020 report](#) from the conservation charity RSPB suggested that in reality as little as 5% of land is being effectively managed for nature. The report found that the UK had failed to reach 17 of 20 UN biodiversity targets, calling the last 10 years a "[lost decade for nature](#)".

Despite some success protecting individual species, the overall trajectory for UK biodiversity is not positive. Since 1970, populations of the country's most important wildlife have declined [by an average of 60%](#) and around [one quarter of native mammals](#) are at risk of extinction. For big landowners, said Scott-Halkes, there is a "moral responsibility" to act. Wild Card, which also plans to target the [Church of England](#) and the [Oxbridge](#) universities, says the ultimate aim is to see 50% of the UK rewilded.

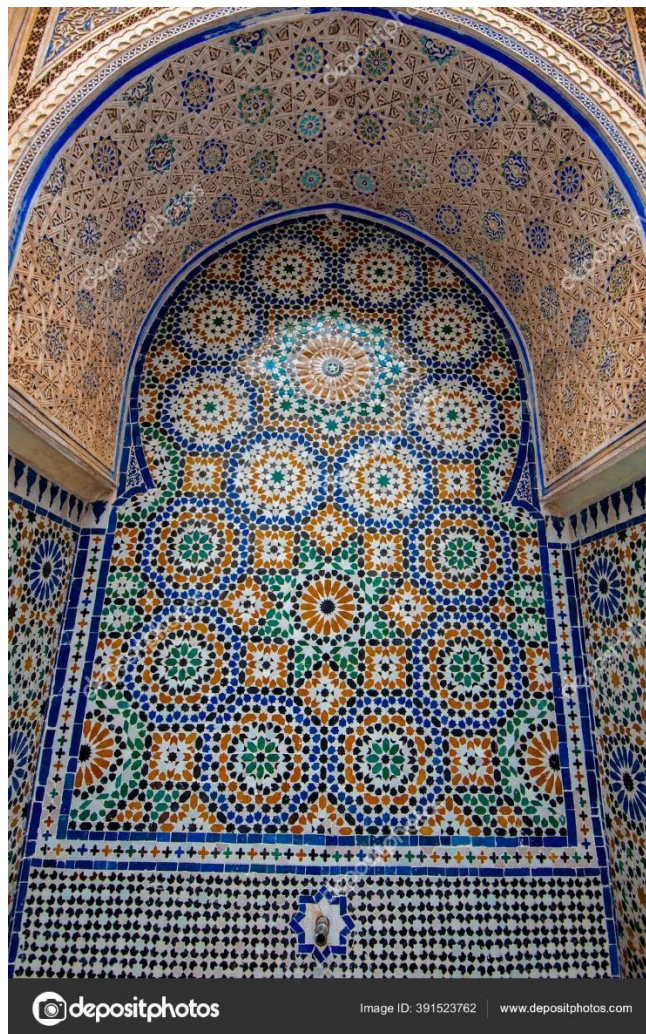
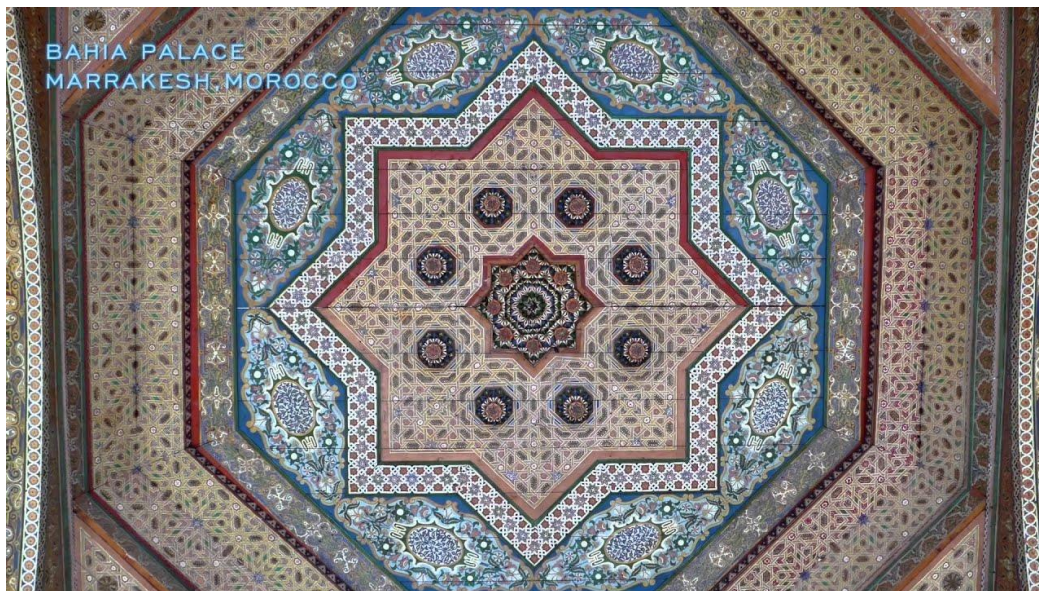
Gylden
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Sacred art and geometry in Marrakech

Collated by Gylden Fellowship



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Concerning demons

By Mark Sharpen

Well then, this demon is not a Satanic one, but it was infernally complex for over a century. The demon was an experiment envisaged by **James Clerk Maxwell** in 1867. Actually, it was not solved until 115 years later, but Maxwell's Demon is still a label for the principle. At heart, we're talking chaos theory and entropy (disorder). For example, if you pour a cup of paint into a large container of water, there are billions of ways in which the paint molecules can arrange themselves, which means a huge set of possible outcomes. Scientific solutions have been sought for a long time to Maxwell's Demon.

Maxwell's Demon suggests splitting a room full of gas into two compartments by erecting a wall with a small door. Like all gases, this one is made of individual particles. The average speed of the particles corresponds to the temperature of the gas — faster is hotter. But, at any given time, some particles will be moving more slowly than others. What if, suggested Maxwell, a tiny imaginary creature — a demon — sat at the door. Every time it saw a fast-moving particle approaching from the left-hand side, it opened the door and let it into the right-hand compartment. And every time a slow-moving particle approached from the right-hand side, the demon let it into the left-hand compartment. After a while, the left-hand compartment would be full of slow, cold particles and the right-hand compartment would grow hot. This isolated system would seem to grow more orderly, not less, because two distinguishable compartments have more order than two identical compartments. Maxwell had created a system that appeared to defy the rise of entropy and the laws of the universe, proving a system where the entropy would decrease, which was a paradox.

Two advances were crucial to solving Maxwell's Demon. The first was by the American mathematician, **Claude Shannon**. In 1948, Shannon showed that the information content of a message could be quantified with what he called the information entropy. "In the 19th century, no one knew about information," said **Takahiro Sagawa**, a physicist at the University of Tokyo. "The modern understanding of Maxwell's Demon was established by Shannon's work." The second piece of the puzzle was the **principle of erasure**. In 1961, the German American physicist, **Rolf Landauer**, showed that any logically irreversible computation, such as the erasing of information from a memory, would result in a minimal non-zero amount of work converted into heat dumped into the environment and a corresponding rise in entropy. Landauer's erasure principle provided a tantalising link between information and thermodynamics.

In 1982, the American physicist, **Charles Bennett**, put the pieces of the puzzle together. He realised that Maxwell's Demon was an information-processing machine: It needed to record and store information about individual particles in order to decide when to open and close the door. Periodically, it would need to erase this information. According to Landauer's erasure principle, the rise in entropy from the erasure would more than compensate for the decrease in entropy caused by the sorting of the particles. The demon's need to make room for more information inexorably led to a net increase in disorder. As the 21st century began, the real experiments began to prove the solution in practice.

From 2007-2016, scientists used a light-powered gate to apply the idea of Maxwell's Demon in action to two areas containing not gas, but light. "We switched the roles of matter and light," said **Vlatko Vedral**, a physicist at the University of Oxford. The researchers were ultimately able to **charge a very small battery**. The team wondered if there was a way to implement something like Maxwell's Demon but without the information requirements. They imagined a two-area system with a door, as before. But in this case, the door would open and close on its own. Sometimes particles would randomly separate themselves into hotter and colder compartments. The demon could only watch this process and decide when to turn the system off. In theory this process could create a small temperature imbalance and a useful heat engine, if the demon was smart about when to end the experiment and lock any temperature imbalance in place. The researchers then placed such a gambling demon in a nano-electronic device, to show it was possible.

Celestial notes

By Joanna Bristow-Watkins, Harmony Healing

We are very pleased to feature **Joanna Bristow-Watkins** as one of our regular contributors for **GYLDEN MAGICK** in 2021 and, here, we're including a few details about her expertise – many thanks to Rebecca Granshaw for suggesting Joanna. Joanna runs **Harmony Healing**, which may be accessed at www.harmonyhealing.co.uk. It should be noted that some of the training events are online at present – all details on Joanna's website.

Forest Bathing+ Sessions with Joanna & Katie

We have *Harmony in Nature* forest bathing sessions at Cannon Hill Common, London SW20 (Thursday 9), Harry Edwards Healing Sanctuary, Shere (Sunday 19) and Horsell Common, Woking (Wednesday 6 October). **Important News about Newlands Corner:** Newlands Corner, our beautiful site in Guildford Surrey, have put up our site rental price so much that we don't know if we will be able to continue working there. We have had to cancel the 5 September event as the cost wasn't going to be covered. So, if you want to join us at **Newlands Corner**, please book in ASAP for one of our pre-Christmas dates as it is unlikely to feature as a 2022 destination. We will be forced to cancel Newlands events one week before if numbers are low, so please don't leave it to a last-minute booking or you stand to be disappointed.

Monthly Virtual Full Moon & Unity Consciousness Meditations

All you need to take part via Zoom is a computer with a webcam and microphone. It's very easy to download and use. If you do not have Zoom, visit <https://zoom.us/> and sign up for free. RSE 1 interactive virtual training module **Violet Flame of Amenti** (£88 including an attunement into the Violet Flame) starting Tuesday 21st September. Anyone who has studied RSE with me in the past can have a special price to re-attend please contact me for details.

I'll be running my next Full Moon Guided Healing & Unity Consciousness Meditation via Zoom on Monday 20 September at 7.30-9.30pm (UK time = GMT). Participants all receive a deeply healing experience. Cost to participate is £20 by online BACS payment (small admin fee added for PayPal) or half price to RSE or Moon Course graduates. See **Harmony Shop** to book.



Other Harmony Healing Services

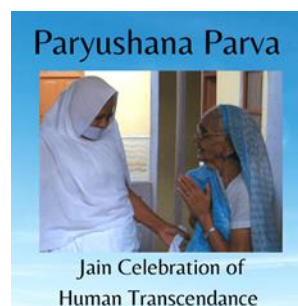
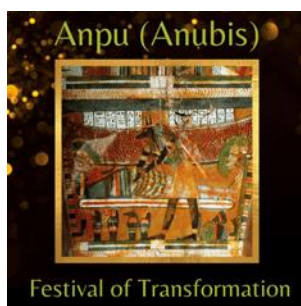
Harmony Healing activities are aimed at bringing harmony and wellbeing into your life. Currently, events are virtual, except for Forest Bathing+, hence distant readings and healings are proving popular and we have low cost **meditations** available as well as **distant 1-2-1 healings**. Remember that **Harmony Healing gift vouchers** are available for use against any of our services.

Joanna is a Reyad Sekh Em® Egyptian Alchemy Healer and Teaching Mentor. We also have [meditations](#) available and a number of virtual courses including [Reyad Sekh Em \(RSE\) Egyptian Alchemy Healing Level 1](#) (which is now fully available as interactive training modules) and a [monthly virtual healing circle](#) - details on [Harmony Healing Virtual Events](#). Joanna also offers [distant intuitive readings \(past life and/or aura readings\)](#) and [distant 1-2-1 healings](#) and runs various [Meet-up groups in London and Surrey](#) and the [London & Surrey Alchemists Facebook Group](#) and posts regularly on [Instagram](#) and [Linked-In](#). [Harmony Healing Gift Vouchers](#) are available.

Timings given are UK time

September in Britain is back to school after the summer holidays. It's the month of harvest, blackberries abound on the bramble bushes and apples are plentiful on the trees, conkers and chestnuts are starting to ripen.

The month of September was named after *septimus*, meaning the 7th month in Latin. September was the 7th month of the year before July and August were inserted to commemorate Julius and Augustus Caesar. To the Anglo-Saxons, September was called *Hālig-mōnaþ* meaning Holy Month. During September, we have the Equinox on 22, when night and day are equal length across the globe. This coincides with the Khemitian (Khem being the ancient name for Egypt) Festival of the Two Lands. We can also look forward to three other annual Egyptian Festivals (4, 5 and 19) plus a selection of Jain (9-11), Chinese/Confucian (28), and Roman (17) annual commemorations and USA celebrates Labor Day on the 6.



Wednesday 1 September is the beginning of the Ecclesiastical Year in the traditional Christian calendar. In Nicaea (325 AD), the First Ecumenical Council decreed that the Church year should start on 1 September. For the Hebrews, the month of September was the beginning of the civil year (Exodus 23:16), the month of gathering harvest and offering of thanks to God.

Saturday 4 September is the Ancient Egyptian Ceremony of Transformation through Anpu (Anubis). An MP3 Meditation to overcome negative behaviour patterns is available from the [Harmony Shop](#). The Egyptians believed that when a deceased soul entered the Halls of Amenti, they would undergo a ceremony involving the metaphorical weighing of the heart (of the deceased) against *Maat's* feather. During this ceremony, the weight of the heart represented the degree to which the deceased had lived in truth and measured by how much he/she had sinned. The more he/she had sinned the heavier the heart. The meditation guides you through a journey with Anpu to see how you would fare if your heart was weighed against *Maat's* feather at this point in your life. Whilst this meditation was devised for use on 4 September, it can be used any time.

Anpu is the illegitimate child of *Nebt-Het (Nephthys)*, born of her clandestine union with *Ausar (Osiris)*, but raised as the son of *Set*. Cast out when his true lineage was discovered, he became associated with

dark and lonely places, a wanderer through the shadow-realm between life and death, *Anpu* therefore bears witness to the darker side of mortality. He seeks out those lost souls who find themselves without guidance after their demise. He guards the Entrance to the Underworld, presided over by his true father *Ausar*. Hence, all who die will find themselves in the presence of this mysterious jackal-headed god, who escorts them away from this world and to the gates of the next. *An informative laminated poster of Anpu (Anubis) by Jacqui Taliesin El Masry is available from the [Harmony Shop](#) along with other Egyptian Deity posters by Jacqui.*

Saturday 4-11h September is Paryushana Parva, the Jain celebration of human transcendence into spirituality and morality. It is an eight-day event, celebrated with sacred readings and exchanges of cards among loved ones. Dates may vary. This popular Jain festival is organised every year in the auspicious month of Bhadrapad (Mid-August to Mid-September) of the Hindu calendar and extends from the fifth day to fourteenth day of the bright fortnight. The festival ordains the Jains to observe the universal supreme virtues in daily practical life: -

Paryushan Parva

I bow to the Arahants, the perfected human beings.
 I bow to the Siddhas, liberated bodiless souls.
 I bow to the Acharyas, the masters and heads of congregations.
 I bow to the Upadhyayas, the spiritual teachers.
 I bow to the spiritual practitioners in the universe, Sadhus.
 This fivefold obeisance mantra,
 Destroys all sins and obstacles,
 And of all auspicious repetitions
 Is the first and foremost.



Sunday 5 September is the Ancient Egyptian Ceremony of the Raising of the Djed Pillar. The worship of the Djed pillar, and the annual '*Raising of the Djed*' ceremony, is amongst the earliest ritualistic religious practices of ancient Egypt. The Djed was stated to have arisen from the primordial mound of creation and believed to be the backbone of the Egyptian god *Wzr* (also known as *Ausar* or *Osirus*) though sometimes associated with the earlier deity, Ptah.

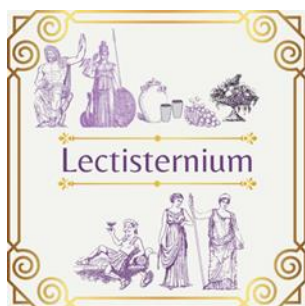
Monday 6 September is Labor Day in USA and Canada this year, as it's always the first Monday in September. As it's an American celebration, I've reluctantly used the American spelling of labour!

Tuesday 7 September @ 01:52 (Monday night/Tuesday morning) is the Dark Moon. The **New Moon Abundance Ritual** should be carried out within 24 hours after the New Moon. It needs to be after the New Moon because the moon should be waxing (getting bigger again) to carry the manifestation energy. There are video instructions on my **Facebook Page** or **You Tube Page**.

Thursday 9 September, 11am -1.30pm, Forest Bathing+ with Joanna & Katie at our London location in Cannon Hill Park, £35 (+ Paypal fee = £36.75). We will take you on a 2½ hour journey through the beautiful landscaped park, nestled in this little-known oasis of calm within Greater London. Through a selection of simple sensory activities, you will learn how to enhance your perceptions and slow down to focus on what could easily be missed. We end with a treelaxation. Some of the scientifically proven benefits of spending time in woodland include reduced stress levels, stronger immune system response, and a stabilised cortisol cycle. This session which will take place in all weathers except 25+mph winds or electrical storms. Book via our the [Harmony Healing shop](#) or our [London Meetup](#). Email katieandjo@harmonyinnature.uk to go on our forest bathing mailing list.

Monday 13 September is the Roman Festival of Lectisternium. It was traditional to dress up statues of Jupiter, Juno and Minerva and give them a feast.

Friday 17 September is the Moon Lodge Healing Women's Circle, 7-8.30pm GMT, £15 + Eventbrite fee = £16.76. Run by Harmony Healing collaborator, Sarah Jane Dennis, this is a sacred circle for women in the community to come together as we once did, to connect in a safe and loving space to the energies of the moon and our own cycles. It is being held in person by Sarah in the TW13 postcode area, full address will be given on receipt of payment. Talk, support, heal, celebrate, and hold each other. Book at [Eventbrite](#). Contact Sarah-Jane via crystalhealingbysarahjane.co.uk or email apriestesspath@gmail.com.



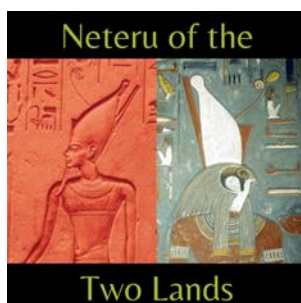
Sunday 19 September is the Fast of Tehuti, Kemet day; honouring the god *Tehuti* (*Thoth*), the God of Magic, Wisdom and Secret knowledge. An MP3 Meditation to visit the Akashic Records with Tehuti is available from the [CDs and Meditations](#) section of the Harmony Shop. This is a meditation to visit your personal Akashic record (which the Egyptians believed were housed in the Halls of Amenti) to see if hidden blockages to your spiritual growth and wellbeing may be revealed at this time. The totality of the Akashic records contain and describe all knowledge of human experience as well as the history of the cosmos; so they could be described as the DNA of the Universe. This meditation was devised for 19 August or 19 September (both being Festivals of Tehuti) would add emphasis, but can be used anytime.

Sunday 19 September, 11am - 2pm, Forest Bathing+ in the grounds of Harry Edward's Healing Sanctuary, £35 (+ Eventbrite fee = £38.32). Immerse yourself in the healing elements of nature and connect deeply with all your senses. Spend 3 hours in the woods mindfully connecting to your surroundings and living fully in the present moment, guided by me in simple sensory exercises and a treelaxation. A deeply relaxing and rejuvenating experience, and which, despite the title forest bathing, does not involve any swimming! Some of the scientifically proven benefits of spending time in woodland include reduced stress levels, stronger immune system response, and a stabilised cortisol cycle. This is a 3-hour Forest Bathing+ session which will take place in all weathers except 30+mph winds or electrical storms. Book at [Eventbrite](#). If the event is showing as full, email me on jo@harmonyhealing.co.uk to go on a waitlist.

Monday 20 September is Full Moon Unity Consciousness Meditation, 7.30-9.30pm UK time. If you want spiritually enlightening activities, we have monthly Full Moon Guided Healing Meditations. Cost to

participate is £20 by online BACS payment (small admin fee added for PayPal). For more details and to book, see [Harmony Shop](#).

Tuesday 21 September @ 00:55 (Monday night/Tuesday morning) is Equinox Harvest Full Moon. Between this date and the next New Moon is considered as a good time energetically for detoxing the body.



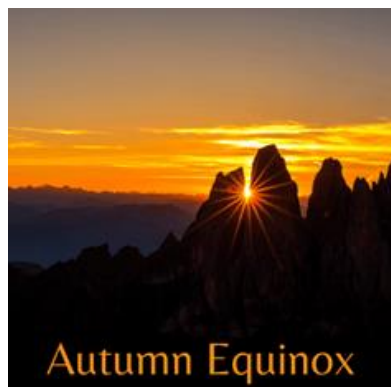
Tuesday 21 September is the start of Harmony Healing Virtual Module: Violet Flame of Amenti (£88), 7.15-9.30pm (UK time), 2¼ hours for 3 consecutive weeks ending h October, held remotely on Zoom. This is 1 unit (of 3) towards Reyad Sekh Em (RSE) Level 1 Egyptian Alchemy Healing. The colour violet has an established association with spirituality. Having the highest frequency in the visible spectrum, violet is at the point of transition to the next octave of light. During the pre-Dynastic period of Khem (Ancient Egypt), the Violet Flame of Amenti was ruled by the deities, Ausar (also known as Wzr or Osiris), brandished by Sekhmet, and made freely available to Akhenaton. Both in Atlantis, and subsequently during the Essene era (which spanned the lifetimes of Mother Mary, Jesus Christ and Mary Magdalene), this powerful tool was retained under the Guardianship of Angels Melchisadec and Ariel.

Wednesday 22 September is the Ancient Egyptian Ritual of the Neteru of the Two Lands. The Two Lands, comprising of Upper & Lower Egypt, were presided over by the more successful pharaohs. To the north was Lower Egypt where the Nile fans into the Nile Delta. To the south was Upper Egypt, stretching to Aswan. The terms Upper and Lower Egypt are derived from the unusual geography of the Nile, which unlike most rivers, flows from south to north. Its origins are in the highlands of East Africa and it ends with the Nile Delta which drains into the Mediterranean Sea.

In spiritual lore, Upper and Lower Egypt could be said to represent the higher and lower self of the human body, and as such would need to be integrated on an annual basis with the help of the Neteru (deities or angelic beings). The unification of Upper and Lower Egypt occurred in about 3000 BC, but the *pschent* - or double crown, worn by the pharaohs represented the combined regalia of both areas; the *hedjet* or White Crown for Upper Egypt and the *deshret* or Red Crown for Lower Egypt, each half representing sovereignty of one of the kingdoms. Established Ancient Egyptian tradition generally credits *Menes* (also known as *Narmer*), as the king who united Upper and Lower Egypt. On the Narmer Palette the king is depicted wearing the Red Crown in one scene and the White crown in another, thereby showing his rule over both Lands.

Wednesday 22 September at 20:20 is also the Pagan Celebration of the Autumn Equinox, marking the time of harvest festival and fulfilment of summer; since, in the Northern Hemisphere, from now on, it will be darker than lighter for the rest of the year. An equinox is an astronomical event when the plane of Earth's equator passes the centre of the Sun. Equinoxes occur twice a year, around 21 March and 22/23 September. In the southern hemisphere, this is the *Spring Equinox*. At this point in the year, the night and day lengths are exactly equal, so it's a time of balance and a good time for introspection, look for what is good and worthwhile to become seeds for next year.

Tuesday 28 September is Teachers' Day, a Confucian day for honouring teachers of all types. This is supposedly the date of Confucius's birthday. It's a great day to be thinking about learning new skills.



Harmony Healing Blog updates can be emailed to you

The Harmony Healing regular Blog update can be emailed out with more information as the events above happen (updates are headed with a title detailing the occasion so you can choose whether to open it or not), featuring New and Full Moon, meteor showers, eclipses and other meteorological events, interesting anniversaries, ancient festival dates plus notification of dates of numerological significance.

See <https://harmonyhealing.co.uk/blog> for typical Blog entries. Sometimes Blogs will appear on successive days and at other times there will be no messages for a while. The sender e-mail address is jo@harmonyhealing.co.uk (and the sender will show as Joanna Bristow-Watkins @ Harmony Healing). You may need add this email to your safe list and check your junk filter initially.



You can sign up at <https://harmonyhealing.co.uk/newsletter-sign-up> or at any page of the Harmony Healing website.

Tales for autumn evenings: The Danish Nightmare

By the Storyteller

There is a set of records, known as the Anglo-Saxon Chronicle, which lists the key points of the history of Britain during the Dark Ages, particularly in relation to Saxon kings and battles. If we look at the record for 895 CE, we see that a raiding party of Danish warships landed in the Solent and the Danes started looting along the coast. They looted Bosham and reached Kingley Vale, just outside Chichester, where the residents rose up and slaughtered every last Dane – that's what the AS Chronicle says, but the folk legend is far more colourful.

As you know, the Danes were great believers in dragons, particularly the great dragon/serpent that lay at the roots of the world tree, Yggdrasil. That is why so many Danish ships had dragons carved on their prows – as a symbol of bravery, to frighten opponents and to protect the crews against sea monsters.

The Danes were wary of Saxon resistance and approached Chichester by night, stopping in Kingley Vale. While they were among the yew trees, a mist arose and (allegedly) took the form of a dragon, whilst the trees seemed to menace the invaders. The Danes thought they were being attacked and ended up slaughtering each other in the mist and the gloom. The Chronicle says that the Danes were killed by the Saxon residents, but the yew grove still exudes an air of ancient menace. If you cut into one of these yew trees, the sap has a pinkish red colour like blood and the yew bark is sharp and splintery, just like dragon scales.

At the same time that the Danes were being killed by the Kingley Vale dragon, other members of the same raiding party were busy looting Bosham. At the time, church bells were vital to the life of a village – often new bells were baptised and the sound of bells could drive away demons and thunderstorms. In addition, bells were rung for weddings, funerals, times of services, local celebrations, etc, etc.

So, back to 895 CE and the marauding Danes took everything of value from the town, including the largest bell from the church. The massive bell was lowered into a dragon ship, which sank down under the weight until it was only just afloat. As the ships started to pull out of Bosham Harbour, a group of monks ran back to the church to ring the remaining bells in such a way as to summon a thunderstorm.

At once, the sky darkened, the winds became stronger and the waves were choppy. The Danish ship with the bell was swamped, the bell broke free of its moorings and crashed through the side of the ship. Both ship and bell sank to the bottom of the Bosham Channel. Hundreds of years later, the villagers tried to retrieve the bell, but it was too heavy for ordinary nets and chains. Today, it remains at the bottom of the harbour, but it is said that when the bells of Holy Trinity church in Bosham ring out on a misty evening, an echo can be heard across the harbour from the sunken bell.



Essene angels

By Joanna Bristow-Watkins, Harmony Healing

Joanna Bristow-Watkins spent over 15 years in senior management specialising in customer care and training. Driven by a desire for greater inner peace, she overcame her initial scepticism of energy healing to become a practitioner and teacher of Egyptian Healing and leader of spiritual pilgrimages. Several trips to Egypt led her to develop ReYad Sekh Em® - an ultra-high vibrational Egyptian alchemical healing system which harnesses the elemental healing rays of earth, air, fire, water and spirit with etheric crystalline and angelic energies plus sound vibration and sacred breathing.

Following various trips to Masada Mountain and Qumran, both on the shores of the Dead Sea, Joanna felt a strong connection to the Essenes; an ancient religious order living in these two areas 2000 years ago. Joanna is sister to best-selling angel author Angela McGerr (10 titles published including several angel card sets, total sales approaching 1 million copies) and fully embraces Angela's Essene Angel philosophies. In 2019, Joanna trained as a Forest Bathing+ Guide with the Forest Bathing Institute to promote connecting with nature through mindful sensory exercises during immersion in UK woodlands. This has strengthened her bond with the angels.

In addition to her regular Celestial Forecasts for GYLDEN MAGICK, Joanna has kindly offered to share some of her wisdom on Egyptian alchemy in future issues. Here, we're looking at Essene Angelology. Listed below are some of the courses taught by Joanna.

Essene Angelology: 4½ hour course, worth ½ unit towards the RSE Level 1 (3 units in total) - £66

Tuesdays 10 & 17 August 2021 - NEXT COURSE 2022

Split 2 x 7.15pm-9.30pm (UK time)

75% cost reduction for anyone repeating RSE 1 training

In this workshop, you will receive guidance and practical experience on working with the weekday and planetary angels and learn how to integrate them into your life.

The course will cover:

- who were the Essenes?
- what is Essene angelology?
- the Law of Three and how to invoke an angel
- how angels might be experienced if you cannot see them
- connecting with the Essene planetary (weekday) and elemental guardians
- how to involve these angels in your personal healing regime (and client healings if you are a therapist)
- meditations with various angels throughout the day
- personalised reference chart of your weekday, zodiac and elemental angelic guardians
- optional personal attunement into your weekday, zodiac and elemental angelic guardians (additional £33)*

* Personal Attunement included at no extra cost if the entire RSE 1 modular package is purchased.

Local ancient hill forts

By Gylden Fellowship

Ancient hill forts from the Iron Age or before are plentiful round the Gylden area. Quite often, the clue is in the name - if a village or town name ends in **bury**, this word hails from the Old English language. Its meaning was fort or hill camp. We've picked a few images here from Danebury, Hollingbury, Woolbury and Tidbury Ring – just to bear out the meaning, one can also visit Chanctonbury or Cissbury Rings.



Danebury Hill Fort



Hollingbury





Woolbury

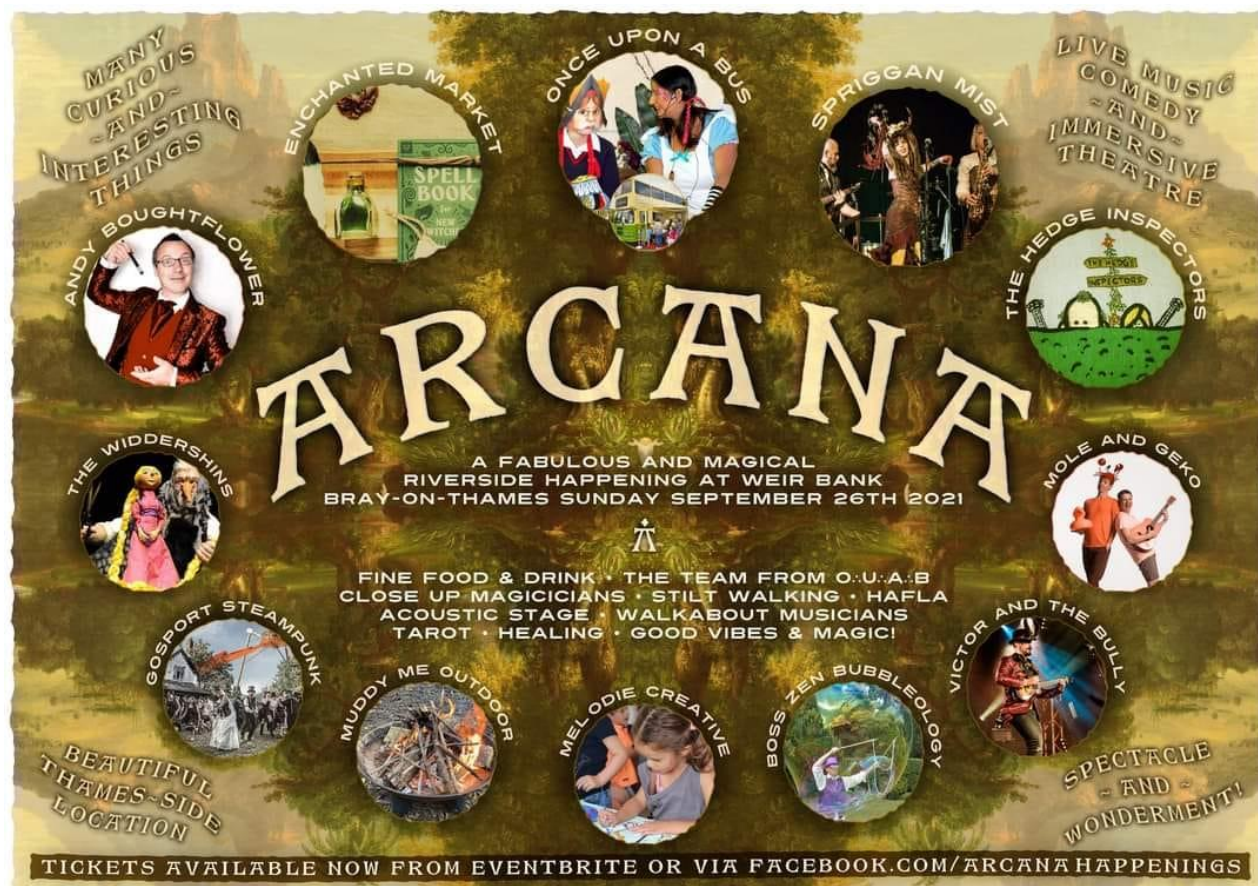


Tidbury Ring

MBS Corner: Arcana 2021

By Maxine and Baz Cilia, collated by Gylden Fellowship

It's the start of September and, gradually, the moots are coming back in person (rather than Zoom) and the festivals are returning. This article looks forward to a new collaborative festival, **Arcana 21**, later in the month.



The Creators of **Once Upon a Bus** and **The Enchanted Market** bring you a fabulous and magical family event Arcana for Summer 2021. On 26 September in Bray, from 10-8 : packed full of live music, entertainment, the enchanted market, fine food and drink!

What is included in the ticket price?

- Entrance into "The Enchanted Market", with unique and enthralling stalls.
- The Riverside Garden with food stalls and drinks area.
- Steampunks, walkabout entertainments, close-up magic and much more!
- Little Muddy Me will be providing outdoor activities for children including marshmallow roasting!
- The bellydance Hafla hosted by Jadoo's Jingles.
- The Riverside Marquee main stage, including magic shows, theatre shows, poetry and rap and "Once Upon a Bus" live on stage.
- Live music featuring The Hedge Inspectors, Victor and the Bully and headliners, Spriggan Mist.

The free shows run from 10am-8pm!

Additional Extras

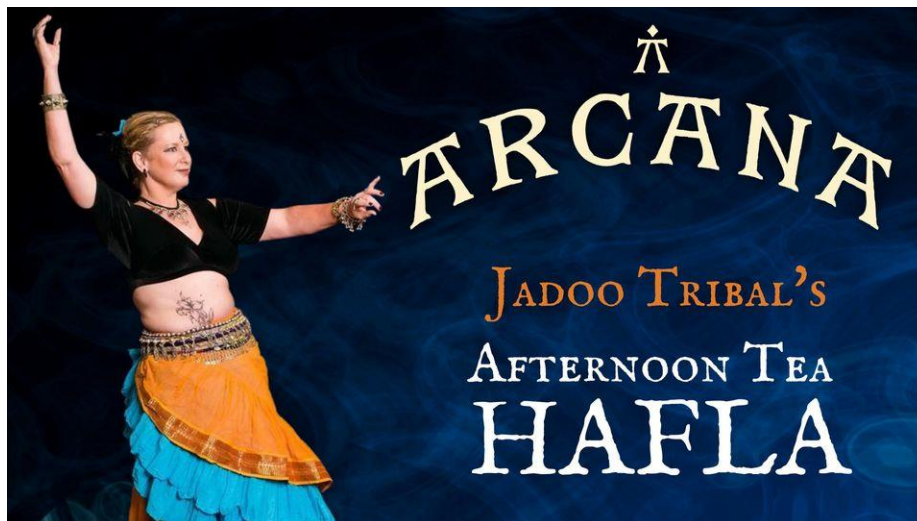
VIP Tables in the Riverside Marquee. Reserve a table for the day from 10am-5pm inside the Marquee for £60. Strictly limited availability based on 6 persons (but could take 8 if legislation stays as it is!)

The Once Upon a Bus storytellers will be performing a number of 'Donaldson classics' on the beautiful bus. Limited numbers for 20-minute session times and you can pay at the door!



Internationally respected healers, mediums, tarot and rune readers
 Nathaniel Garland can be booked for individual tarot card readings on Once Upon a Bus!

Creative activities led by the talented Mel Odie and her team. There will be 3 different activities to keep the Children busy!



Community witchcraft

By Nick the Witch

This piece is the first of a new series on stay-at-home witchcraft. It does shed a little light on mine own pagan pathway. As I visited many pagan groups (pre-covid) each month, I found that too many people are overly concerned with labels within paganism – there are 10+ types of Druidry, all sorts of heathen kindreds and Wicca itself falls into Gardnerian, Dianic, Alexandrian, etc, etc. And with initiatory witchcraft, some people are ever so keen to tell you that theirs is the only path – I'm pretty sure that I'm not the only one to have heard that, "X is a Glastonbury witch, of course," or that someone else is a "third-level initiate".

I'm sorry, but much of this is just snobbery. OK, I'm the last person to rubbish qualifications or experience, but it's a fact that Wicca is an invented faith from the 1950s and all the rules too. Even Gerald Gardner was influenced by earlier practitioners, like Crowley, so Wicca is not really original to him. It is my opinion that witchcraft is really only valid when it works to help or heal. Spells can be cast for all sorts of motives, eg protection, health, love and self-help – all good reasons, as opposed to monetary gain or more power.

Occasionally, I'm asked which path I follow. I tell people that I'm non-Wiccan, ignore the Rede and the threefold rule too. Usually, I get a sharp intake of breath from the questioner at this point. Yet I'm not really an eclectic, as so many witches are these days. Here's the rub – my ancestors came from a western part of Ireland, Connemara to be precise; I still have family out there and I try to follow a Celtic path. In Gaul and Ireland, roughly 2500 years ago, there were no Wiccans – the Saxons weren't there to invent the word. Druid priests governed settlements and kings or chieftains were above them. However, in every settlement, there would be someone who looked after the health of the community, the midwifery, making medicines from plants and counselling – sort of, anyway. In later times, such folk were termed wise women or cunning men and they employed a little shamanism in their work too. The Celtic witch groups also used curses, because archaeologists have dug up curse tablets from 2000 years ago.

So, what does witchcraft involve for me? As those who know me can confirm, I heal people – everything else is interesting, eg tarot, divination, ceremonial stuff, but the key things I do are:

- Healing with crystals and shells
- Healing with herbal remedies
- Some kitchen witchery
- Therapeutic storytelling
- Counselling, with or without sentience
- A little shamanic travel, if required to seek guidance.

None of this is too far removed from the farmstead witches from 2000 years ago, because my concern has always been to help people – for free, of course. Any offers of money are referred for charitable giving. And I am happy, in this day and age, to let people from other faiths know what my brand of witchcraft involves. This is community witchcraft = helping those around you. I send love and blessings to all, whether I've helped you in the past or not yet.

Witterings: Alban Elfed

By Gylden Fellowship

Doesn't really seem like a year has passed since last writing about Mabon. Still, this festival is also known as Alban Elfed for druids (the light of the water) and represents the feast of the second harvest. This year, the autumn equinox starts at 8.20pm on 22 September, but many pagans opt to celebrate Alban Elfed either just before or just after.

The Wheel of the Year turns and the time of balance returns. Alban Elfed marks the autumn equinox, namely the balance of day and night before the darkness overtakes the light. The feast of the second harvest includes fruit that remained on the trees, cereals that ripened since Lughnasadh, the forest fruits and the fruits of the sea. Examples include orchard fruits, cider, stewed fruit, berries, mushrooms, barley, acorns, oysters and nuts.

It is this feast that comprises the central theme of the Alban Elfed ceremony - thanking the Goddess as Mother Earth for the second harvest in autumn. Leaves fall to make rich compost for new growth and trees let their life forces return to their roots. Livestock are brought back from the upland pastures, to be fed by the community during winter.

At a time of balance between light and dark, we hope that your Alban Elfed will be memorable and that your spirit will be overflowing.

Blessed be this season of Alban Elfed, time of the second harvest, the harvest of fruit and wine. At this time, all things are in balance: Goddess and God, Life and Death, light and dark.

September is the harvest moon and, for many pagans, the Sun God is preparing for his death at Samhain and the Goddess is starting to mourn her loss. From the equinox, the darkness will conquer the light, leading us deeper into the waning year until the Sun God's rebirth at Alban Arthan (Yule).

Autumn is a good time to let go of problems that afflict one's soul, to evaluate the seeds for the year to come and to imagine how the 2022 harvest is to be planted. Those pagans among us who follow a Wiccan, eclectic or solitary witchcraft path may also elect to perform a little magick involving apples, acorns, corn figures or other crafts. This pagan, who is pretty awful at handicrafts, tends to turn to kitchen witchery at Alban Elfed – that means plenty of syrups, cordials, salves and infused oils as plant medicines. Here is a simple mantra for your personal autumn – as you imagine the planting of new seeds.

We find our joy in the simple fruits,
Given to us by the earth.
We find our joy in the sun that shines,
And the breeze and river that sing to us.
So, we listen to the wind and to the water,
Hearing always what they say.
Let us never forget to give thanks and praise,
As we pledge to plant our Alban Elfed fruits in the soil for future growth.

For past issues of Gylden Magick magazine, please contact us:

Our email: @GyldenFellowship

Our website: www.gyldenfellowship.co.uk

On Facebook: <https://www.facebook.com/groups/gyldenpaganfellowship/>

